



# Healthy Kids Club

## MyPyramid



The MyPyramid replaced the Food Pyramid in 2005. The Food Pyramid emphasized eating specified serving sizes of foods including fruits and vegetables, grains, etc. The problem with this approach was that it was a "one size fits all" model. Different people have different nutritional needs and because of this the "one size fits all" approach doesn't

work. The MyPyramid was created and is customizable for each individual. Each food group was given a colored band. The orange band represents grains, green band represents vegetables, red band represents fruits, yellow band represents fats, oils, & sweets, blue band represents dairy, and the purple band represents meats & beans. Each band starts out wide at the bottom and gets increasingly narrower towards the top. The wide part of the colored band

is for foods with the most nutrition. The narrow part of the band is for foods that are high in fats and calories and should only be eaten every now and then. For example, an apple would be at the widest part of the red band while a slice of apple pie will be at the top of the red band. MyPyramid also emphasizes the importance of the balance between nutrition and exercise as seen on the side of the pyramid with the person climbing the stairs. Good nutrition must incorporate physical activity.

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## Eating Fruits & Vegetables Is Fun!

Eating lots of fruits & vegetables is important! Try incorporating fruits & veggies into your child's daily meals. Here are some examples:

**Breakfast:** Drink a glass of 100% fruit juice or eat a banana.

**Lunch:** Eat an apple & some carrots with your meal.

**Snacks:** Eat some grapes, raisins, or try a fruit cup

**Dinner:** Have some broccoli, a salad or a sweet potato.



# Stir Fry Surprise

## Ingredients:

- 1/4 cup light soy sauce
- 1/4 cup pineapple
- 1/4 cup rice vinegar
- 2 T. honey
- 1/4 tsp garlic powder
- 1 tsp ground ginger
- 1 T. cornstarch

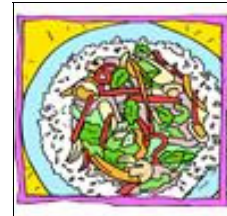
## Directions:

Mix together soy sauce, pineapple juice, rice vinegar, honey, garlic powder, ground ginger, & cornstarch. Set aside. Choose some or all of the following

## Vegetables (to equal 6 cups):

- Peppers
- Green Onions
- Grated Carrots
- Pea Pods
- Broccoli
- Cauliflower
- Mushrooms
- Eggplant
- Baby Corn
- Asparagus
- Bok Choy
- Onions

Using a cutting board and sharp knife, cut the veggies into bite-sized pieces. Grate carrots. Heat 2-3 T. canola or olive oil in a large skillet on medium heat. Add veggies and stir 3-5 min. or until tender. Pour stir-fry sauce over veggies and cook 1-2 min. longer. Serve over brown rice. **Makes 4 servings.**



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## How To Get Kids To Eat Healthy

Provide kids with regular meals and snacks but do not allow them to graze all day. Early on is the time to offer variety. If you serve only certain foods because they like macaroni and cheese and peanut butter sandwiches, when they get older, that's all they will want to eat. Get children involved in planning menus and cooking. Start with familiar foods such as quesadillas, and try to add fruits and vegetables. Cut up a green bell pepper or add beans for example. Let children still have choices, but make them healthy ones. An apple with peanut butter or a granola bar for a snack instead of chips or candy. Make sure there's something that you know they will eat, like bread, or yogurt at the dinner table. But make it clear that you won't be serving separate meals anymore.

